

I-CPR KUMNTU WONKE

KWIMO YE-COVID -19

IINGOZI



Khangela ukuba ikhuselekile na indawo phambi kokuba uye emntwini
Nxiba nayiphi iMpahla yokuziKhusela (Personal Protective Equipment)

MOLO



Uhleli

Ngexa ubugcine bukude kangangoko ubuso bakho emntwini, chukumisa ngokuqinileyo amagxa omntu lowo kwaye ukhwaze
“Awonzakalanga?”

Ukuphefumla

Khangela ukuba uyaphefumla na umntu ngokujonga nje kuphela ukuba siyenyuka kwaye sisehla na isifuba
Ungabeki ubuso bakho okanye isandla kufutshane nomlomo womntu ukuva ukuba uyaphefumla na

Tsala umnxeba

Tsala umnxeba kuphela ukuba ixhoba alisabeli kwaye lingaphefumli okanye litsala umoya kuphela, tsala umnxeba woncedo ne-AED

UNCEDO



Tsalela umnxeba u-112 okanye inqwelo yezigulane yengingqi

Ingaba ubuqhagamshelana naye ngokusondeleyo kutsha nje okanye uhlala naye umntu lo?

EWE

HAYI

Ingaba umntu lo ubonise naziphi
iimpawu okanye imiqondiso yeCovid-19
phambi kokufa isiqaqqa?

HAYI

EWE

UKUCINEZELA ISIFUBA Qala i-CPR
ngokucinezela isifuba amaxesha angama-30

UKUPHEFUMLA Ukuba uyafuna, uqeqeshiwe
kwaye ukwazi ukukwenza oko, cinga
ngokuphefumlela ka-2 uhlangula
Ukuphefumlela kokuhlangula kubaluleke
nangakumbi ebantwaneni nakwiimveku.

Qhuba usenza oko ama-30:2 de lufike uncdo

I-AED Sebenzisa i-AED msinyane nje ukuba
ifumaneka Yilayite uze ulandele izikhokelo
zelizwi

Qiniseka ukuba unxibe nayiphi i-PPE
efumanekayo nokuba oku kuthetha
ukulibazisa kokuqalisa i-CPR

Songa itawuli, ilaphu okanye enye into efanelekileyo
efana nazo ka-3 uze uyibeke phezu komlomo
nempumlo yomntu lowo ukunceda ukwehlisa ingozi
yokosulelwa yi- Covid-19 okunokuba khona

Cinezela isifuba uphindaphinda de lufike uncdo (i-CPR
yezandla kuphela)

Zama ukubatshintsha abahlanguli ubuncinane qho
kwimizuzu emi-2 okanye kwimijikelo emi-5, ukuphepha
ukudinwa kwabahlanguli.

Akucetyiswa ukumphefumlela umntu ngenxa yengozi
enokuba khona yokosulelwa yi-Covid-19